

# PRESCRIPTION TO GET ACTIVE

## Kickstart! Take Some Small Steps Today to Get Active

Increasing the number of steps you take each day increases your daily activity level and can give you even more health benefits. It's easy! Just track your steps using a step counter and the table below and work towards increasing your daily step count!

DAY	WEEK 1	WEEK 2	WEEK 3
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
AVERAGE			

1. Find your activity level by tracking your steps for one week. Calculate your average steps in "Week 1" and add 500-1000 steps to this number. This is your new goal for Week 2!
2. Continue to track your steps and daily activity by registering at [www.PrescriptionToGetActive.com](http://www.PrescriptionToGetActive.com).